



Creative kids

Elementary school students compete in technological skills competition at Conestoga College.

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Going once, going twice ...

Students auction themselves off to raise money for end-of-year barbecue.

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'An amazing opportunity'

New youth recreation leadership program allows students to specialize.

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Monday, April 11, 2005

Conestoga College, Kitchener

36th Year — No. 13



(Photo by Jon Yaneff)

Paramedics in training

Advanced level paramedic students Len James, Catherine Yates, Dave Doran and Verena Jones assess a dummy for injuries that would typically be sustained by someone falling from a tree, during a class March 31. The students have to complete 1,000 additional hours of training to become advanced care paramedics.

Five-year strategic plan unveiled

By JENNIFER ORMSTON

Conestoga College has unveiled its proposed 2005-2010 strategic plan, which reflects the findings of the Rae Review on post-secondary education and provides greater accessibility for students, according to the associate vice-president of business development and applied research.

The highlight of the proposal is its

inclusion of the Rae Review's suggestions on how to improve the education system, said Eric Dahlin, who disclosed an initial draft of the plan at a recent college council meeting.

"To our way of thinking, it (the review) is reinforcing a lot of things we at Conestoga think are important. It talks about accessibility, quality, the design of the post-secondary system and the issue of funding and accountability."

Assessability, which refers to the various pathways students can enter and exit their post-secondary education, is the other key issue for Dahlin. The plan makes accommodations for those entering programs at various points, transferring from other institutions and applying internationally.

Dahlin said building upon the existing student-support system is another top priority in the plan.

Issues such as retention, counselling and support services — things that encourage student success — are all touched upon, as is a student centre, "where we can bring this all together."

The college implements a strategic plan every five years to provide a "road map" for the future.

The plan will be finalized in June after Dahlin has received feedback and made modifications.

CSI introduces new board of directors

By MIKE BORS

CSI has its seven members for its board of directors next year, six new and one returning, after students at Conestoga College voted in an election held the week of March 28.

The CSI board of directors is an overall strategic body that is put in place to function in the best interest of full-time, fee-paying students.

Ten students ran for the seven positions. Students elected are:

Haley Ellis, 19, a first-year graphic design student, who wants to improve the school and the grounds and make people more enthusiastic about the college.

Matt Knapp, 21, a second-year marketing student, who promises to build strength and awareness in school events.

Dolly Phan, 21, a first-year pub-

lic relations student, who plans to be a voice for students and implement CSI change by reviewing policies.

Jonathan Wolf, 19, a first-year public relations student, who said he will be a strong representative by working for the students and being their voice.

Andrew Mercier, 20, a first-year police foundations student, who plans to find out what it is the students need and want.

Roxy Stanciu, 19, a first-year management studies student, who said she will be approachable, accountable and accessible.

Matt Jackson, 21, a second-year business management student, who is the only returning board member. He wants to get more involved in the student government at Conestoga and all across Ontario.



(Photo by Mike Bors)

Conestoga Students Inc. has a new board of directors after college students voted the week of March 28. Elected to the board (front, from left) were Matt Knapp, Dolly Phan, Roxy Stanciu, Haley Ellis and (back row, from left) Andrew Mercier, Matt Jackson and Jonathan Wolf.

Police visit upsetting

By NICOLE DEAK

Security services is putting a new policy into effect after Waterloo Regional Police detectives marched into the college to question students about a sexual assault case.

Three police foundation students were arrested on March 21, after a woman claimed she was raped at a house party March 12.

The detectives took students out of the classroom one-by-one and questioned them about the incident.

Olaf Heinzl, public affairs coordinator with the Waterloo Regional Police, said his officers conducted an investigation and decided not to lay charges.

When asked if there was a policy for an incident such as this at the college, Rob Brown, head of security services, said there isn't, but it has sparked the creation of one.

"I met with the head of security at Wilfrid Laurier University, the University of Waterloo and Mohawk, and no school has any policy focused on such an incident," he said. "Conestoga will be the leader."

A protocol is yet to be developed where it won't interfere with police investigations, but, at the same time, will suit students and faculty, said Brown.

"If police have to come on campus (police and I) will sit down and work out a set of rules for their conduct," he said.

Brown said he wasn't impressed with the way the situation was handled but said nobody is to blame.

"This should have been handled differently. A protocol needs to be put in place, especially when it's an off-campus incident."

Brown said students in trouble with the law are not automatically suspended or expelled.

"Students will only be expelled or suspended if we need to protect them from each other," he said. "For example, last year we had to suspend a student because he assaulted someone in his program."

The students who were arrested are back in class and all charges have been dropped.

We're No. 1

Conestoga College is No. 1 again, for the seventh year in a row.

Key Performance Indicator survey results were released on April 6, and show Conestoga achieved the No. 1 overall standing and No. 1 graduate employment standing.

The ranking is a measure of student satisfaction, graduation rate, graduate satisfaction rate, graduate employment rate and employer satisfaction rate.

For the full story, see the April 18 edition of Spoke.

Now deep thoughts ...with Conestoga College

Random questions answered by random students

If you could be anybody in the world, who would you be?



"Jack Nasser (former president and CEO of Ford Motor Co.), because he's a large corporate CEO."

Jason Radford,
first-year marketing

"Wayne Rooney, because he plays for one of the greatest soccer teams."

Phillip Gleason,
first year automated
manufacturing

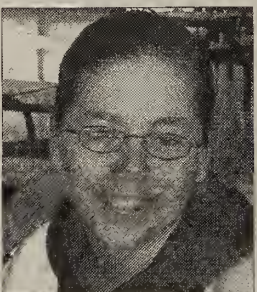


"Ron Jeremy ... enough said."

Jeremy Barrerras,
school of engineering

"Donald Trump, because then I wouldn't have to worry about car payments, insurance or school."

Katie Ferneyhough,
first-year materials
management



"Paris Hilton. She's rich, she's hot and she's got a wicked sense of style."

Sandra Stimac,
first-year business

"Myself, because I wouldn't want anybody else's problems. I like myself."

Teresa Rondeau,
first-year human resources



Smile Conestoga, you could be our next respondent!

Carpentry program for women receives \$190,000 boost

By PAIGE HILTON

Conestoga College's Guelph campus will receive more than \$190,000 in funding for women taking apprenticeship training in general carpentry.

It is the third time the Women in Skilled Trades (WIST) program has received funding from the Ontario Women's Directorate, which works to improve women's economic independence and prevent violence against women.

Leigh Ferguson, with the WIST program at the Guelph campus, said the fact the college has received this funding in the past is important.

"Receiving it in the past and receiving it again is a measure of

success on the college's part," she said.

WIST is focused on helping low-income women get into non-traditional careers, Ferguson said, and having a job where they can be paid \$25 an hour rather than minimum wage.

"(These types of jobs) improve the livelihood of families now and in the future," Ferguson said.

She explained the funding will be put toward tuition for women accepted to the program, but the women will first be assessed to see if they can get funding elsewhere, such as from unemployment insurance.

Tuition for the general carpentry program is approximately \$400 plus GST.

Classes are scheduled to begin in

September and information sessions about the carpentry program will begin April 20.

Ferguson said any interested women should plan to attend an information session. Once there, they can fill out application forms and will go through a testing and assessment session.

She said everyone who goes through the testing will be asked back for an interview to discuss their hobbies and work experience.

"I want to know what their expectations are," Ferguson said. "It shows if they've actually looked into the trades."

As many as 20 women will be accepted to the program.

More information can be found at the college's website.



(Photo by Alexandra Mastronardi)

More than 90 per cent of students believe it's appropriate to offer gas money to someone who has driven you somewhere.

The unwritten rules of the road

By ALEXANDRA MASTRONARDI

Many college students live away from home and mom's or dad's vehicle is no longer at their disposal. However, there are always the fortunate few who are blessed with a set of wheels. Those students will more than likely be asked for a ride at some point.

However, with gas prices soaring through the roof, car owners are forced to be a little stingy when it comes to going out of their way for other students.

Most students who are receiving a ride feel obligated to offer gas money, but what is an acceptable amount? And when should you offer?

Standards for taxi services are sometimes used as a guideline when determining how much to offer someone for a ride.

Lucian Vlaicu, of the board of directors for United Taxi in Waterloo, said their rates are determined by the licensing and regulatory service department for Waterloo Region.

"We charge a flat rate of \$2.70 and the department requires us to charge \$1.50 per kilometre after that," he said.

The licensing clerk in the service department, who refused to give

her name, said the rate per kilometre is determined by a number of factors.

"We look at the cost of gas and insurance," she said.

The rate per kilometre increased by 10 cents to \$1.50 in September 2004. It was the first increase in four years and was raised at the request of taxi services in the region to cover the rising costs of gas and insurance.

Students at Conestoga College were asked their thoughts on proper gas money etiquette.

One hundred per cent of students surveyed who own a vehicle and 91 per cent of students who do not own a vehicle, believe it's appropriate to offer gas money to someone who has driven you someplace.

When students were asked if gas money should be offered to the driver when the destination is less than 10 minutes away, about 60 per cent of students, with and without vehicles, said yes.

Students were also asked if gas money should be offered to the driver if he or she is taking the passenger to a location he or she had to go to anyway.

Of the students who own a vehicle, 75 per cent said yes, the passenger should offer money. About 73 per cent of students who do not

own a vehicle agreed.

Many students concluded it was appropriate to at least offer money and let the driver make the decision whether to accept it or not.

Connie Vanderknyff, a vehicle owner, said she usually doesn't accept money from her friends but it's nice when they offer.

"When people offer me gas money it shows their appreciation," said Vanderknyff, a first-year nursing student.

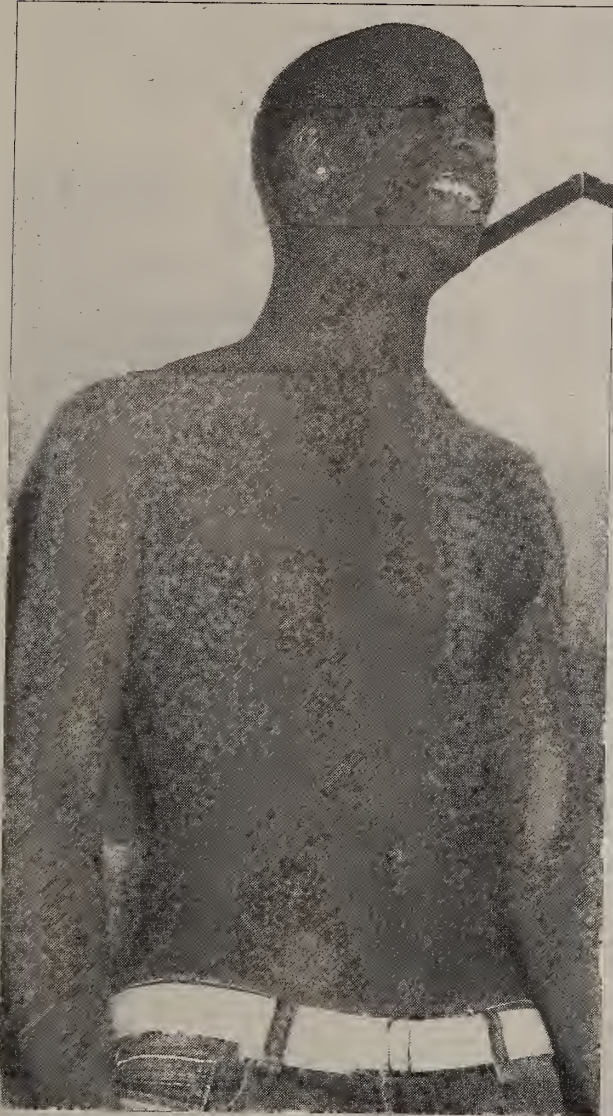
Ashleigh Latimer doesn't own a vehicle but said when somebody gives her a ride she offers to buy that person lunch.

"Instead of just handing them money I make them an offer," said Latimer, a second-year early childhood education student.

Students made suggestions as to how much money should be offered for different driving distances.

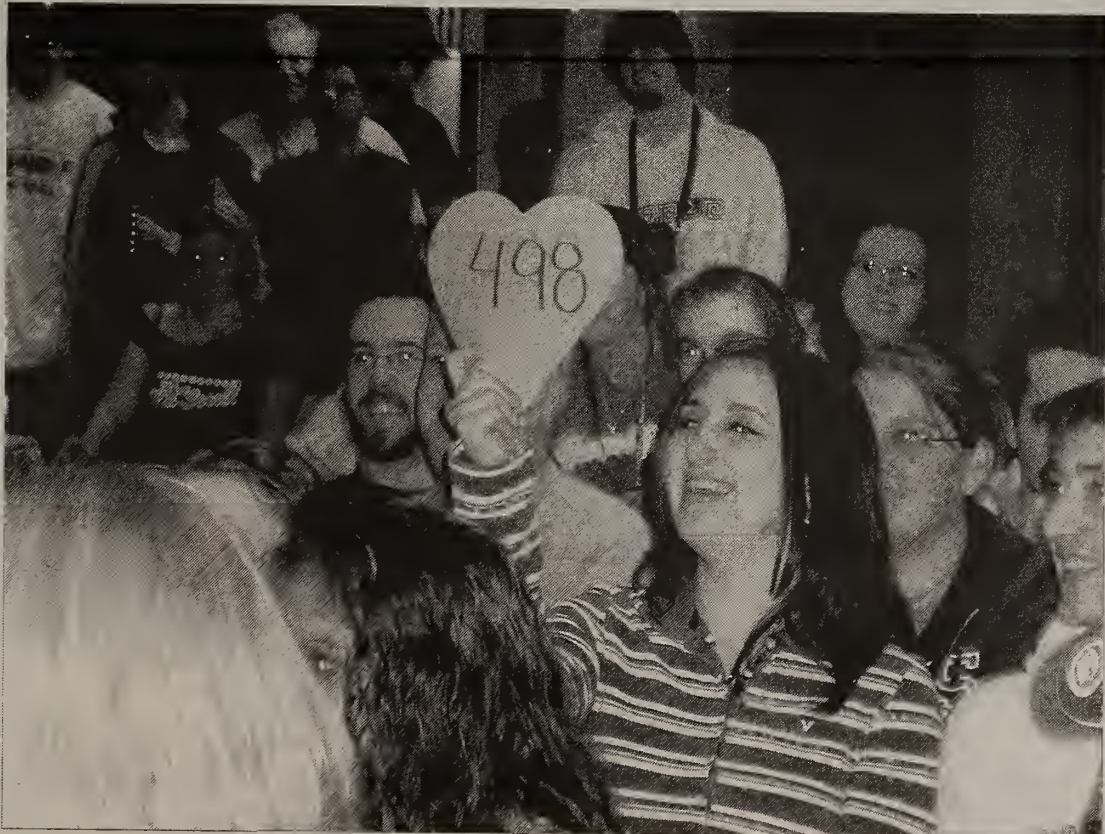
The average amount students said should be offered for rides less than 15 minutes was between \$0 and \$5 and the average for 20 to 30 minutes was about \$10.

Most students agreed if the ride is up to an hour or more, the passenger should either fill up the driver's tank or offer half the cost of the gas it would take to get to the destination.



(Photos by Alexandra Mastronardi)

Devon Cornelius, a first-year nursing student, Jen Landman, a business administration student, and Tim Deegan, a first-year woodworking student, are just three of the students who put themselves on the auction block at the Conestoga Residence and Conference Centre's bachelor and bachelorette auction. The students sold for between \$3 and \$40.



(Photo by Alexandra Mastronardi)

A student bids on one of the bachelors who was up for sale at Conestoga Residence and Conference Centre's bachelor and bachelorette auction. The event raised almost \$200, which will go towards an end-of-the-year barbecue at the residence.

Students sell themselves for a good cause

By ALEXANDRA MASTRONARDI

Going once, going twice, sold to the gentleman in the back of the room.

This was heard over and over again at the Conestoga Residence and Conference Centre's bachelor and bachelorette auction held on March 29 to raise money for the residence.

About 16 students from residence volunteered to auction themselves off to other students looking to buy a date.

Students who purchased a date could bring them to a pizza party held in the residence the following day.

Devon Cornelius, a first-year nursing student, was on the auc-

tion block and was sold for \$15.

"I expected to go for a lot cheaper because college students never have a lot of money," he said.

"But the girl who bought me turned out to be really cool."

The auction was a huge success, attracting about 75 students and raising \$196. The money will go toward a barbecue for the students at the end of the semester.

Maita Taruvinga, a resident adviser who helped plan the first-time event, said because the auction was such a success, they are planning to do it again next year.

"It was great!" she said. "The auctioneer was funny and the participants were awesome."

Volunteers needed for Waterloo marathon April 24

By JUSTIN BASTIN

Waterloo citizens will be springing into action for the Waterloo Marathon Sunday, April 24 at 10 a.m.

Ken Owen, a volunteer whose brother will be competing in the half marathon (21 kilometres), says the course isn't competitive at all and all levels of runners are encouraged to come out.

"The theme this year is basically lace yourself up and go. It's all about setting your own pace and trying to do your personal best," he said.

Don't take too long though; the course closes after five hours.

The marathon runs 42 kilometres in length. Contestants will start at RIM Park and run north into the town of Conestogo, then loop back around and come south down

Ebycrest Road.

Water stations, first-aid facilities, portable toilets, change areas and showers will be on site for participants and volunteers.

Owen said volunteering for the marathon is a great way to help out the community and work toward a worthy cause.

"The money goes toward helping St. John Ambulance with their

fundraising. It's a good cause that people can feel good about volunteering for."

St. John Ambulance raises money for therapy dogs that visit hospitalized people and people in nursing homes. It also trains volunteers in first-aid response techniques as well as supports national youth programs and develops programs for child care.

The marathon this year boasts a flatter, faster, more scenic course.

Event organizers are looking for volunteers to help with water stations.

Age categories for runners range from a 19 and under group all the way to 60 and over. To register for competition visit www.waterloomarathon.com. To volunteer, call St. John Ambulance at 579-6285.

Are Catholics ready for the 21st century?

He was known as the Pilgrim Pope.

On April 2 Pope John Paul II died after suffering from poor health for years. He was 84 years old.

He made more visits to more places in the world than any other pontiff in the Roman Catholic Church. These visits included three to Canada, first in 1984 and finally in 2002 for World Youth Day in Toronto.

According to a story at cbc.ca, many believe John Paul II was a revolutionary, taking strong stands on dictatorship and human rights, and urged for reconciliation with the Jewish world.

He also criticized capitalism and excessive materialism in the Western world when he saw the growing gap between the rich and poor.

Many also say he helped topple communism in Europe with his strong support of the Solidarity movement in his native Poland.

He also proclaimed publicly he thought the American invasion of Iraq was unjust and he was a strong proponent of peace.

But John Paul II also upheld the strict Catholic values that euthanasia and abortion were mortal sins and birth control and pre-marital sex were evil. He regarded overpopulation a myth rather than fact.

John Paul II prohibited allowing priests to marry and females to be ordained.

With many countries struggling with issues surrounding same-sex marriages, abortion and now euthanasia after Terri Schiavo's death, it is time for a 21st century pope.

Schiavo was the Florida woman who suffered brain damage after her heart stopped in 1990. Schiavo's husband wanted her feeding tube taken out, saying she had told him in the past she would not want to be kept alive artificially, while her parents wanted her to be kept on life support. Schiavo died on March 31, 13 days after her feeding tube was removed.

The election of a new pontiff is said to be a complex one, with some cardinals not wanting another pope who will serve for a long period of time, while others do not want another non-Italian pope.

The election ballots are burned after the vote, producing white smoke to indicate to onlookers in St. Peter's Square that a new pope has been elected. Conversely, if the vote is unsuccessful, the ballots are mixed with a chemical that turns the smoke black.

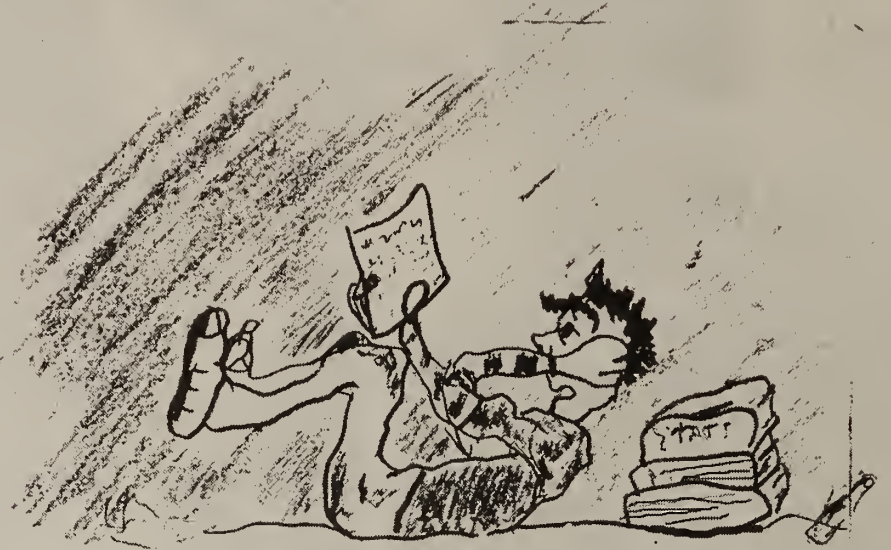
Contraception, female ordainment, divorce and celibacy could be big issues in the election of a new pontiff, but other scholars say cardinals will be more concerned with whether the new pope should be strong and vocal, for example.

However, with a liberal Roman Catholic coalition called We Are Church trying to gain support for change in the Church, it is clear not all people of the Catholic faith wish for the values of the Church to be stunted as in past centuries.

According to cbc.ca, We Are Church is urging the next pope to encourage academic freedom, be receptive to "the awakening of women's consciousness," be open to welcoming into the priesthood anyone who is qualified, no matter what their marital status, gender or sexual orientation, and to revive communication with dissenters of the Church.

Whatever the outcome, no one will know until white smoke billows from the Vatican's chimney.

But we have to hope - or pray - the man chosen to be pope will embrace modern reality and recognize the beliefs so many of his followers hold.



It's crunch time ...

Growing up is not as easy as it seems

I'm 20 years old. There's no excuse anymore. I am officially a man.

But wait! I'm not old enough to drink in the United States yet! I can't be an adult unless I'm old enough to drink in the U.S. I can stave off responsibility for another year.

Why do we have such a problem accepting our ages? When we are young we want to be grown-ups, when we're grown-ups, we want to be young. It's like we're never satisfied with time.

But how old do you have to be to be an adult? I'm legally considered an adult, but I don't feel like one. I continue to look at "grown-ups" with respect and I still think it's kind of cool that I can get into bars now.

I think the age of adulthood depends on the person. Falling in love has to be a step in the right direction. It shows responsibility and willingness to settle down. It gives both parties the opportunity to learn from each other in ways that neither of them could without the other. Love is the constant that we can only learn more about the



Mike Bors

Opinion

older we get.

Marriage is a similar step but it does have some differences. When you get married, you are saying it's forever. You are basically planning the rest of your life when you say I do. It shows a commitment that only true adults are expected to handle, so you're no longer a youth.

Having children is probably the biggest wake-up call. In most cases, when you have a child you're no longer a child. You have created life and that life is helpless without you. You realize that as a parent, you are their prime example of an adult.

I have done none of these things, so this must mean I'm not an adult ... so why did I have so much trouble with 20? Why do I know I'm going to have trouble with 25 and

30? What causes the "mid-life crisis?"

Speaking from my own experience, I'll say regret. Am I scared of getting older and dying? Hell no! Bring it on; you can't experience life without experiencing death. I welcome it ... eventually.

See, I'm not nearly as afraid of getting old as I am about not having been young. I've never been to Disneyland, I've haven't been to any huge blow-out parties and I never had one of those stupid teen romances where we convinced each other that we're in love.

I'm not afraid that I won't go out with a bang; I'd actually prefer to go out with a quiet whimper. But when I turned 20, I feared that everything leading up to that whimper would be meaningless.

What if I don't accomplish any or even just one of those steps into adulthood? My lifelong goal of living the Canadian dream (mini-van in the driveway of my suburban home, 2.5 kids) will remain just that, a dream.

I guess I will have to wait to see what the next 20 years has in store.



Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

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Hall of fame not so rockin' anymore

Two years ago, on Easter Sunday, I went to the Rock and Roll Hall of Fame in Cleveland, Ohio. It was one of those things I knew I'd remember my whole life as a fan of classic rock and roll music. Seeing the history squeezed between the walls of the building made me feel important just for being there.

So when I knew I'd be heading back to Cleveland for another Easter weekend of family festivities, I thought, wouldn't it be great to go back to that very same Hall of Fame.

I was pumping myself up for my visit for about a month before I made my way down to the city that rocks, but a funny thing happened when I pulled into my aunt's and uncle's driveway after the five-hour drive ... I lost my desire to go to the Hall.

I'm a college student now and I can't be wasting \$20 (US) to go see what is essentially other people's junk.

What factors led to this sudden change of heart?

Well, first off, it hit me that I'd have to pay \$20 just to walk through the doors. I didn't mind



Mike
Bors

Opinion

this two years ago because I had wanted to see this memorabilia all my life and I knew it would be worth it. But this year is different. I'm a college student now and I can't be wasting \$20 (US) to go see what is essentially other people's junk I've already seen.

Also, as I was doing my Internet research to see how to get to the Hall and find out what new things they had to offer, there wasn't anything. No new exhibits and the only special attractions were ones they had the last time I went.

What clinched my decision was a comment my uncle made a few minutes before he was going to take me there. He said, "The only reason I'd go back there is if there's a special exhibit I'd like to see or if my nephew made me take him there." Seeing as how neither of these things was true for me, I decided to call off our little trip.

Best \$20 I never spent.



(Photo by Nicole Deak)

Karen McNally, a second-year recreation and leisure student, headed the marketing for the new youth recreation leadership program that will begin in the fall.

New leadership program coming to Conestoga this September

By NICOLE DEAK

A new program will be offered at Conestoga College beginning in September.

The youth recreation leadership (YRL) program will be offered to students in two different methods. The first method is a full-time, 15-week program that will run from September to December.

The second method will be offered part-time online. Students will take six courses and will graduate in two years.

A field placement is included in both the full-time and part-time option.

The program is designed for students who have a post-secondary diploma or degree in recreation and leisure, child and youth worker, social services or a related program.

Students will graduate with a post diploma/degree certificate.

Karen McNally, a second-year

recreation and leisure student who has done all the marketing for the new program, said it is a great idea.

"It is truly an amazing opportunity for people who want to specialize," she said. "We are really excited and proud of the program."

McNally said this new program is catching the attention of students and is quickly filling up.

"Space is getting really tight for September," said McNally. "Teachers might contemplate having another class, but that's not for sure yet."

The full-time course will seat 15 students, where the part-time course will accept 30 people.

Norma McDonald Ewing, the youth recreation leadership and recreation and leisure program co-ordinator, said space is limited for a reason.

"We want to ensure our students will get the time they need with faculty," she said.

The difference between the recreation and leisure program and this new program is the outcome. Students in recreation and leisure will graduate with the opportunity to work in a more generalized field. In this new program, students will be able to work in a more specialized field, according to Ewing.

"Students in YRL are specializing in working with a specific youth population," said Ewing. "This is why we offer courses specific to youth culture."

Graduates can expect to obtain jobs in a variety of fields, including working with non-profit organizations, municipalities, residential camps, churches or with companies who specialize in year-round activities.

Students can apply online by going to www.conestogac.on.ca, or visit the registrar's office for more information.



(Photo by Justin Bastin)

Singing in the rain

Robert Dale, of Ottawa, pauses as he walks the Grand Trunk Trail in Cambridge on a rainy afternoon. The weather this week is expected to be around 13 C on Tuesday and climb to about 18 C over the weekend.

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Career fair gives nursing students inside scoop

By STEPH BAULK

A career fair held on March 31 gave nursing students and recruiters a chance to get to know one another.

Employers set up seven booths in the E-wing, enabling students to wander from booth to booth and see what options they have in their chosen career.

Verla Fortier, a senior consultant for nursing recruitment and retention at the Hamilton Health Sciences Chedoke Hospital, said this was the first time she has been to Conestoga College to recruit students but it was important for her to be there.

"Since Conestoga, McMaster and Mohawk are merged now, these are the three local schools we consider hiring from," she said.

Fortier said when students come to the booth she doesn't give handouts or flyers, instead keeping it casual.

"I usually just try to talk to the students one-on-one and try to find

out what they know and what their interests are," she said. "And if they don't have an interest and are just looking for a full-time job we talk about that. I basically just let them lead it and go from there."

She said students could bring resumes but there is an online process they have to go through in order to apply.

"It's a good Web site and students will know there are new job postings every single day," she said. "I also like to give them tips on how to go there."

Fortier said she thought the career fair was a good idea for both future employers and the students.

"I think it helps both of us to get to know each other," she said. "They have a contact in a great big hospital and I get a sense of who's here."

Lisa Fillipowitsch, a recruitment specialist from St. Mary's General Hospital, said they go to career fairs to introduce their company to future nurses.

"There's a shortage of nurses and we want our name to be out there and get in contact with the students," she said. "I find the best way to recruit nurses is to get out there and meet them."

Fillipowitsch said she looks for students who are presentable and focused on what they want in their career.

"I like to hear someone say they want to go into hospital work or start off in the medical surgical unit just to get their feet wet," she said. "But they're new grads, I'm not expecting them to have their whole career outlined."

Fillipowitsch said she thought about 75 per cent of the grads she saw were focused and had an idea of what they wanted.

"I'm impressed with a lot of the new grads coming out," she said. "Not only the ones from here, but ones that come into my office as well."

Fillipowitsch said Conestoga grads



(Photo by Steph Baulk)

From left to right, Kim Pitaway, Julie Schroeder and Kelly Pokonzie from the Cambridge Memorial Hospital gave nursing students tips on how to proceed with their careers.

are their main line of recruitment.

Lara Bishop, a registered nursing student in first semester, said she thought the contacts were very helpful.

"They answered my questions and encouraged me to pursue a career in nursing, so that was really good," she said.

Bishop said the career fair was beneficial to her in a few different ways.

"I know the opportunities are out there and hospitals and delegates are coming here and they want nurses," she said. "It's not a stand-off thing, they're encouraging us to apply and check them out."

NEW FOR STUDENTS!!!

THE DEPARTMENT OF STUDENT AFFAIRS (consisting of **Student Services:** Counselling & Learning Skills, Peer, Disability, and Health Services, Admissions Testing; the **Registrar's Office:** CE Registration, Financial Aid, Student Awards, Student Records & Fees, Admissions, Information Services; **Marketing, Liaison, Recreation Centre**), **IS ACTIVELY WORKING TOWARDS FULFILLING CONESTOGA COLLEGE'S NEW STRATEGIC DIRECTION OF INCREASING SERVICES AND SYSTEMS THAT SUPPORT STUDENT SUCCESS AND PROMOTE A POSITIVE STUDENT EXPERIENCE. YOU ARE SEEING AND WILL SEE OVER THE NEXT MONTHS, SOME NEW AND EXCITING INITIATIVES. HERE ARE SOME...**

WHAT'S HAPPENING NOW?

- **NEW CAREER SERVICES JOB POSTING WEB PAGE HAS BEEN CREATED TO CENTRALIZE ON-CAMPUS JOB OPPORTUNITIES FOR STUDENTS** (Click on Career Services on student page)
- **NEW DOCUMENT OF RECOGNITION**
- **STUDENT LIFE CO-ORDINATOR POSITION HIRING:** this individual will be responsible for developing a model for student life at the college, expanding student life aspects of orientation, and creating a system where student achievements and accomplishments are celebrated and profiled.

WHAT'S COMING?

- **NEW LEARNING CENTRE FOR STUDENTS (fall 2005)-** the Centre will integrate existing academic support services and resources for students and will offer new services (watch for more information in September)
- **DEGREE COMPLETION WEBPAGE (fall, 2005)-** updated information on all degree completion opportunities from Conestoga College, university on-site visits, and workshops
- **STUDENT FOCUS GROUPS:** students across the College at Doon, Waterloo, and Guelph campuses will be invited to participate in Focus groups this coming fall- we want to hear from you about gaps you have experienced and opportunities you see for enhancing services and systems that support your success and provide you with a positive experience at the College
- **STUDENT LIFE PLAN:** we will be looking for volunteers to work on a student life committee
- **CENTRALIZATION OF SERVICES:** more services will be brought together for easier accessibility
- **AND MORE**

Maturing students give up gaming

By JUSTIN BASTIN

Video games have taken off in the past two decades, becoming a significant force that affects how we go about our daily lives. Games are no longer marketed just to the younger generation; many are targeted at college-aged students and even 30-something people.

Despite their growing popularity, some students are kicking the habit. They think that gaming is only a distraction from the real world.

Tyler Slijboom, a University of Waterloo student who was addicted to video games until recently, says the feeling that he was getting nowhere fueled his desire to quit.

"Now that I'm stepping into adulthood, I realize that gaming is futile. You can spend hours without accomplishing anything," he says.

The Matrix Online is one of the latest in a

series of games designed to be played specifically on the World Wide Web. This spring gamers will be able to enter a virtual world based on the Matrix movies where their actions in the game will decide how the Matrix story plays out. Slijboom says gamers get too caught up in these consuming worlds and forget what the real world has to offer.

"Many games offer a fictitious universe where you can supposedly affect the course of events. The irony is that people could go into the real world where they could help the elderly or something and have real impact."

For Slijboom, his gaming addiction was like a drug addiction. It was an urge that couldn't be ignored, like a bad habit that had to be fed. Often the addiction to gaming can have serious consequences later in life as people jeopardize their jobs to get their fix. He says now that he is entering the working world on co-op, he can still see the effects of game addiction first-hand.

"It's addictive enough that people who work at my office will leave early to go play the latest online game," he says.

Although many gamers don't quit, the ones that do, like former Conestoga student Jeff Palmer, do so because they realize they are using video games to forget about other troubles they might have.

"I felt I was trying to fill a void of some kind and not succeeding," he says. "I used to play (video) games to get away from the fact that my parents fought. I've since stopped and I think it allowed me to get a better grounding in reality and deal with my problems."

According to the latest figures from the National Purchase Diary Group, a leading market information company, total U.S. sales of video game hardware, software and accessories grew 10 per cent in 2002

over 2001. The video game industry generated \$10.3 billion in record-breaking sales that beat the previous record high of \$9.4 billion in 2001.

Computer games used to be geared to a younger audience, with simpler graphics and kid-friendly characters. As Slijboom notes, modern games are far more violent and marketed to a different generation.

"A lot of older video games were geared to younger kids with Donkey Kong and Mario. Now games are marketed to people with more money," he says.

"There are 10-year-old kids playing games where the objective is to make a name for yourself in organized crime."

Slijboom says parents need to pay close attention to what their children are playing.

"Parents have to take an active interest in their children's lives," he says. "You can't stop the companies from producing destructive games so the least you can do is try and monitor what they're exposed to."



Students from area elementary schools competed in the Waterloo Region Technological Skills competition March 31 at Conestoga's recreation centre. Lego cars were one of the projects students had to build. Bottom right, Dana Beitz takes time out to be creative.

Photos by
Brandon Walker



Students tackle tech challenges

By LEE ROGISTER and
BRANDON WALKER

Competitions involve Lego, wood and robotics

Dana Beitz carefully selects a red piece of Lego and snaps it onto a green square. The red-headed St. Joseph's Catholic school student laughs and shows her friends her creation, the word "Hi" in red Lego on a green Lego square. She was just one of hundreds of area schoolchildren who feverishly built Lego creations in the main gym of Conestoga's recreation centre March 31.

They were part of a larger event held on campus, known as the Waterloo Region Technological Skills Competition, that saw students from local elementary schools compete in challenges using Lego, wood and robotics. Area high school students took part in cabinetmaking, carpentry, welding and graphic design competitions, among others, held in the Woodworking Centre and the ATS electrical centre.

The elementary schoolchildren, who huddled in teams and used plastic syringes and flexible tubing filled with water to power their creations, were competing for first-, second- and third-place medals in their division.

The competitions involved students making their Lego and wooden creations go up and down hills, through dirt and move the right block into the right hole.

Approximately 60 schools from both the region's Catholic and public school boards were represented, with students from Grade 4 to Grade 8. The goal of the skills challenge is to promote the skills necessary in science and technology.

Each school was allowed a maximum of three teams consisting of two boys and two girls, said Brian Heggie, a retired high school principal who helped judge the competition. "Girls are turning on to science

more than ever before," he said.

Heggie stressed the emphasis was on teamwork with no one being the leader.

Stephen Goodacre, co-chair of the event and a Grade 7 teacher at William G. Davis senior public school in Cambridge, supervised the technological challenge, which is the design and build part of the competition and is for Grade 7 and 8 students.

He explained that the goal was to build an operative vehicle out of wood that is capable of moving forward and backward and is powered by hydraulics.

The best part of the competition, Goodacre said, is "the creativity, the kids come up with more ideas than I could."

Although the students from the Catholic and public school boards performed the same tasks, the competition and awards were separate.

Jill Snider, the science consultant for the Waterloo region public school board, was busy supervising the robotics competition in the multi-purpose room on the main floor of the recreation centre.

Although the schools that enter the competition are allowed to make up their own teams, often the children come from the enrichment programs, said Snider.

The money to purchase the computer equipment for the competitions comes from the province, she said.

At the competition level each group gets the same box of Legos and wood so that all competitors are on the same playing field.

Many of the schools that compete in the events do fundraising to purchase the computers and robotics programs necessary. Sometimes Snider makes arrangements to loan specially equipped computers to

schools with less funds so they can still enter the competition.

In the Grade 7 and 8 robotics competition the general specifications are sent ahead of time allowing the students to do the basic programming.

Once the students get the final challenge instructions the day of the competition, Snider said, they modify the program as necessary.

Students start practising the skills they will need in the science and technology programs in September and a portion of the technology component runs through the curriculum.

The award ceremonies for the winners occurred the same day in the recreation centre for the elementary competitions and in the college's blue room in the cafeteria for the secondary competitions.

The winners in each category will go to the Ontario Technological Skills Competition to be held at Rim Park, May 2-4.

For more information, visit: www.skillscanada.com.



Great gifts for graduates found on campus

By NICOLE DEAK

Attention graduates. The bookstore is selling graduation gift packages for students and family members interested in purchasing college memorabilia.

Three different packages are being offered to students to remember their years at Conestoga College.

The first package, which costs \$22.95, includes a Conestoga mug, a Conestoga pewter pin and a small

plush teddy bear.

The second package includes a liripipe, a graduate ceremonial sash and a glass beer stein. This package costs \$39.95.

The third package includes a leather portfolio, a Conestoga mug, a pen and pencil set and a college tote bag for \$43.95.

The graduation packages were put together by an advertising co-op student.

This is the first year the book-

store is targeting the graduate market.

Mary Andraza, manager of retail operations for the bookstore, said they are testing the waters to see how people will respond.

"These packages are geared towards parents and relatives," said Andraza. "This is a chance to give their kids a gift in advance."

Packages can be ordered by mail, fax or online by going to the college website, www.conestogac.on.ca.

PLANNING FOR FINALS

The strategies that you adopt during this period will depend upon how many exams you have and how they are spaced.

To help you see what this will look like, consider the following questions. Use a calendar and chart to plot your results.

1. How many exams do you have and when are they?

Mark the dates on a calendar and see how they are spaced.

2. Use a three column chart and plot the answers to the following:

- * What course content does each exam cover (chapters, labs, etc.)?
- * What is the format for each exam (essay, multiple choice, short answer)?
- * What percentage of your final grade is each exam worth?

3. Rank each of your courses in terms of the amount of study time you will need to do a good review (1= a lot, 2= average, 3= little).

4. After seeing what your exam week looks like, now assess the big picture and make some decisions on when and how long you will study for each course.

- * Reflect on the amount of content covered by each course.
- * Reflect on the percentage of the final grade each is worth.
- * Reflect on how prepared you already are for each course.
- * Don't allocate the same amount of time for each course. If you're doing well in a course, don't spend as much time reviewing it as a course in which you're struggling. Spend time where time is needed.

To make an appointment for learning strategy assistance, visit the Student Services Office.

Good luck on finals ...

A Message from Learning Strategies

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>



COUNSELLOR'S CORNER: Community Resources

The counsellors at Student Services are here to help with issues that students face on a daily basis, but we're also here to help you connect with the many resources that are available in your area. We have information, brochures and contacts with social services, employment, housing, counselling and other agencies in Kitchener, Waterloo, Cambridge, Guelph and other communities.

Especially as the school year draws to a close for graduating students, it's important to make a connection with people and places outside the college. These resources can help you find an affordable home, find a car seat, baby clothes and toys, connect to counselling groups and workshops, or give a number to phone in a crisis. Specific professional support can be provided for pregnancy, alcohol and drug counselling, single parent and family supports, credit counselling, legal aid, and many other services.

If you're not sure where to go for help, just ask us. We'll help you get connected with the right people.

A Message from Student Services

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>



HOROSCOPE

Week of April 11, 2005



Aries

March 21 - April 19

Hear the words around you but don't forget to listen. They are, after all, two different acts and the message is an important one. Keep your ears open. Lucky days: 14th, 16th.



Libra

September 23 - October 22

Michael Jackson has compared himself to Nelson Mandela, but he's not the only one making weird remarks. Cut back the silliness and make reasonable comparisons. Lucky days: 15th, 17th.



Taurus

April 20 - May 20

Let's not sugar-coat it. You couldn't be any more fabulous, even if you tried. You're awesome and everyone knows it. You're going straight to the top this week. Lucky days: 13th, 15th.



Scorpio

October 23 - November 21

You like sex, but you have to remember that's not all there is to relationships. Don't underestimate the importance of an emotional connection with your partner. Lucky days: 11th, 15th.



Gemini

May 21 - June 21

Would you still meet your favourite celebrity if you had wet hair and sweatpants on? Or would you scream in embarrassment? Take the chance. After all, even celebrities have to wash their hair. Lucky days: 12th, 14th.



Sagittarius

November 22 - December 21

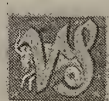
If you drink any more coffee the buzz will send you right through the roof. And it isn't helping you stay focused. The opposite is true. Drink some water and come back down to reality with the rest of us. Lucky days: 11th, 13th.



Cancer

June 22 - July 22

You're an idealist, but unfortunately, you don't often see results you like. Don't give up on your dreams - realists aren't always that fun, anyway. Lucky days: 12th, 16th.



Capricorn

December 22 - January 19

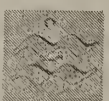
Start writing down those ideas that flutter through your mind. They seem nonsensical now, but you may end up with a book, or at least a better sense of who you are. Lucky days: 13th, 16th.



Leo

July 23 - August 22

You're in like a lion and out like a mouse. You'll get a better response if you conclude with as much enthusiasm as you began with. Stay focused and keep your eye on the prize. Lucky days: 11th, 16th.



Aquarius

January 20 - February 18

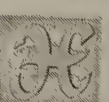
If you've been having nightmares, it's not because your life is becoming an Amityville Horror. You're just stressed out. Try to relax before you hit the hay and clear your mind of the events of your day. Lucky days: 12th, 17th.



Virgo

August 23 - September 22

It's time to renovate. Take spring cleaning to a new level and revamp your space to fit the new, spring you. And use lots of coral. It's in fashion this year. Lucky days: 14th, 15th.



Pisces

February 19 - March 20

It is said truth is the first casualty of war. You need to start being truthful with those around you before the war gets worse and you can't find your way out of the trenches. Lucky days: 13th, 15th.



Paige Hilton is a second-year journalism student holding fate in the palm of her hand.

student services presents the
STRESS FREE ZONE

Wednesday, April 20th 10:30am - 1:30pm

PLEASE DROP INTO ROOM 1B26

aromatherapy

massage therapy

Anxious? ~ Feeling overwhelmed? ~ Anxious

WED. APRIL 20th

STRESS FREE ZONE

1B26

Tired ~ Are exams stressing you? ~ Tired

reflexology

healthy snacks

DON'T WAIT UNTIL YOU GRADUATE!



Access Conestoga College's new
on-line job posting site, with over
150 jobs now posted!

Drop by the Career Services Office for
information on obtaining the website access
code to search for these jobs and others!

Attention Soon To Be Graduates!

Pre-register for the Résumé Referral Service. Your resume will be
forwarded to employers looking for graduates in your field. The service
is free the first three months after graduation.

Room 220 - Student Client Services Building
or call 748-5220 X3756 or X3340
<http://www.conestogac.on.ca/stserv/career/index.html>

Williams leads Tar Heels to NCAA championship

By JON YANEF

It was a shining moment for the University of North Carolina (UNC) Tar Heels' head coach Roy Williams.

After 17 seasons as a National Collegiate Athletic Association's (NCAA) Division One Men's Basketball head coach, Williams finally won his first National Championship when his team defeated the Illinois Fighting Illini, 75-70, at the Edward Jones Dome in St. Louis April 4.

In his second year as UNC head coach, Williams, 54, led his team to their fourth National Championship and first since 1993. He was an assistant head coach with the team for 10 years, from 1978-88, helping lead them to a championship title in 1982. He was hired as the head coach in 2003, after 15 seasons with the Kansas Jayhawks. The Tar Heels had a win-loss record of 8-20 before Williams took over as head coach. His all-time record in the NCAA tournament improves to 88-36.

The Tar Heels won in large part to the phenomenal inside play of

junior centre Sean May. On his 21st birthday he poured in 26 points (all of which were in the paint) and pulled down nine rebounds. May went 10 for 11 from the field during the game and was named North Carolina's player of the game. His father Scott also won a National Championship in 1976 with the Indiana Hoosiers.

Other key components to the Tar Heels championship title were the determined play of junior guards Raymond Felton and Rashad McCants. McCants had 14 points while Felton chipped in with 17 points and seven assists. Felton dropped three key free throws during the last minute of the game.

Freshman Marvin Williams had eight points and should be a raising star in college basketball in his remaining three years at UNC.

Seniors graduating from the team include forwards Jackie Manuel, Melvin Scott and Jawad Williams. Williams had nine points in the title victory.

As for the Fighting Illini, senior guard Luther Head was the team's player of the game with 21 points and five rebounds. Head had a

wide-open look to tie the game at 73 with 17 seconds left but his three-point attempt came up short.

Another bright spot for the Illini was senior forward Roger Powell, who brought down 14 rebounds. But having the Big Ten conference MVP, junior forward James Augustine, foul out of the game didn't help Illinois's chance. Augustine played only 11 minutes, scoring zero points.

The Illini had the NCAA's best record throughout the season, finishing the year with a win-loss record of 37-2. North Carolina (33-4) had the second best record in the league.

UNC advanced to the National Championship by defeating the Michigan State Spartans, 87-71. Illinois beat the Louisville Cardinals, 72-57, to exit the Final Four and compete for the championship.

This year's NCAA tournament was full of surprises, with upset victories happening throughout the tournament. Next March will be no different, as 65 teams will once again compete for the National Championship.



(Photo by Nicole Deak)

Lots of hustle

Civil engineers took on the woodworking team on March 31 in the recreation centre. The civil engineers won the game 2-1 to move on to the playoffs.



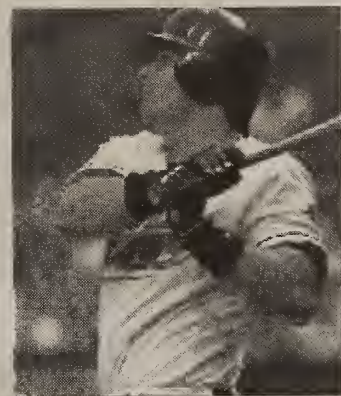
(Photos by Jon Yanef)

Faceoff showdown

The Cleveland Steamers and the Mooseknuckles face off in an intramural hockey game March 29 in the recreation centre. The Steamers won the game 5-1.

Canseco juices up baseball with his new book

By JON YANEF



(Internet photo)

Jose Canseco swings one in his prime.

part due to the use of steroids.

Canseco believes if taken correctly in conjunction with diet and exercise, steroids can be beneficial. After being well educated on the subject, this may be true, but there is much doubt to that theory considering former MLB slugger Ken Caminiti recently died (Oct. 10, 2004) from the effects of steroids.

Many sluggers Canseco mentions in the book, including Palmeiro, Juan Gonzalez and Miguel Tejada, have denied using steroids, but with the stats they have put up, I don't think there is any question that they, along with many other players, have been juicing up since Canseco introduced steroids to the game in the 1980s.

Overall, this is a very controversial, interesting and entertaining book that sheds light on a very controversial issue.

It took Canseco's book to force MLB to do something about the issue and the league will be issuing 10-game suspensions to any player whose steroid drug tests come back positive.

This is a must-read for any MLB fan since it will have you reading cover to cover as soon as you start.

Jose Canseco is the straw that stirs the juice.

The former slugger claims he introduced steroids to Major League Baseball (MLB) in his tell-all book, *Juiced: Wild Times, Rampant 'Roids, Smash Hits, and How Baseball Got Big*, which was released on Valentine's Day (Feb. 14).

But, he clearly shows no love to former and current MLB players as he deliberately names former teammates who he introduced to steroids during his 17-year MLB career, including Mark McGwire, Jason Giambi and Rafael Palmeiro. He even claims he injected some of them with anabolic steroids and human growth hormones.

Most people knew who Canseco was before the release of his book, since he's been in the headlines before. Canseco, along with his bulging biceps, was the first player to hit 40 home runs and to steal 40 bases in the same season (1988), he dated Madonna and he also had numerous run-ins with the law.

But early in the book you realize Canseco is a real human being with real problems that anybody could encounter in his life and he can't be judged solely on his mishaps and steroid use.

You learn he vows to his dying mother that he will become the best athlete in the world, no matter what. Shortly after he began to experiment with steroids and he trained every day so he'd live up to the vow he made to his mother.

Steroids were a big part of Canseco's life so it's fitting that his memoirs are mostly about them, but he also touches on life in the majors in general, including the constant womanizing, the partying and the rise of multimillion-dollar salaries that skyrocketed in large

END OF THE YEAR

APRIL 21st . SANCTUARY . 9PM



CONESTOGA
STUDENTS INC



ALL AGES . TRIP GIVEAWAYS

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